



TEXAS A&M
AGRI LIFE
EXTENSION



2020.2021

ANNUAL REPORT

**BUILDING HEALTHY YOUTH
TO BUILD A HEALTHY TEXAS**

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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**STATE
COORDINATOR**

HEALTHY TEXAS YOUTH AMBASSADORS

Texas A&M AgriLife Extension and Texas 4-H Youth Development values health. More importantly, improving the health of others is our key mission and goal. Although, a variety of methods are used to provide health education in our agency, the Healthy Texas Youth Ambassador program has proven to be one of the most successful means to teach others, especially young people. Peer education has shown to be successful for many years; it is for this reason that we annually recruit and train responsible young people who have a passion and motivation to live a healthy lifestyle. More importantly, these young people have a passion to help others live a healthy life as well.



A CALL TO ACTION

“You don’t need to be perfect. Just better than you were yesterday.” {author unknown}

Youth across the state were called to **Make a Difference** in their health and the health of others!

Healthy Texas Youth Ambassadors were charged with taking their knowledge of the components of health and finding a way educate in a non-traditional manner. Healthy Texas Youth Ambassadors worked with County Extension Agents to find creative ways to deliver health information related to physical, mental, and emotional well-being of youth and adults. Being resilient and determined, ambassadors took traditional face-to-face lesson plans and converted to a digital platform. Ambassadors also embraced social media platforms that are so popular with youth to convert their messages from social communication to health communication.

To say Healthy Texas Youth Ambassadors are passionate, determined, and professional is an understatement. Covid-19 challenge our youth, but they met this challenge with a positive outlook and innovative thinking. Healthy Texas Youth Ambassadors continue to be a role model for health whether they are standing in front of a live audience or a camera. They are dedicated to improving the health of Texas!

Together we are
Building Healthy Youth to Build a Healthy Texas



ABOUT OUR PROGRAM

Healthy Texas Youth Ambassadors are high school students who have a passion for health! Youth are trained to deliver health messages and education to peers, communities, and schools.

OUR MISSION

This program is designed for high school age youth who have a passion for health and wellness. Youth will be trained at the local & regional level to become youth health experts who can motivate others to make a change in their lifestyle so they can improve their health. More importantly, these ambassadors will assist local county extension agents with program efforts, project activities, and much more!

OUR VISION

During the summer, ambassadors will attend one of the Healthy Texas Summits. These Summits will lay the foundation for ambassadors to implement health, wellness, nutrition, and safety programs. Once training is complete, youth ambassadors will provide 40 hours of service to their community. Hours can be earned through peer-to-peer education, school programs, community programs, and service learning opportunities.



OUTREACH

In 2020 we enrolled 171 Ambassadors in 58 Counties across the state. They didn't let COVID-19 stand in their way as they educated and motivated their community to make healthy lifestyle changes.

2,231

PROGRAMS COMPLETED

Ambassadors provided educational programs related to nutrition, health, and safety throughout their communities. Programs are conducted at local schools, churches, community centers, libraries, and any location where education is requested. Ambassadors partner with their county extension agents and local agencies to impact the health of their neighbors!

6,511

HOURS SERVED

Ambassadors must provide 40 hours in service to their communities. These hours are spent not only on program delivery, but research, professional development, and program planning. The hours provided by ambassadors allow county extension agents to extend their health outreach to all areas of the community.

109,146

INDIVIDUALS REACHED

Both young and old are reached through the HTYA program. Our ambassadors are trained to deliver the most up-to-date, research based information to people of all ages, stages, and walks of life. The program enables them to appreciate others and value differences among people within their counties.

SERVICE AREA

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Texas A&M AgriLife is a grassroots organization which uses a network of professionals to improve the lives of Texas. Serving all 254 counties, county educators seek out traditional and non-traditional means to educate youth and adults. These means often include the use of volunteers, both adult and youth. The Healthy Texas Youth Ambassador program is vital to our agency's mission of providing quality, relevant outreach and educational programs and services to the people of Texas.

Most importantly, the Healthy Texas Youth Ambassador program takes a peer education approach to achieving this mission which increases the knowledge gain and intended behavior change of the youth served by this program. The Healthy Texas Youth Ambassador program has youth educators in 58 counties across the state.

CENTRAL

NORTH

Briscoe
Gray
Lubbock
Moore
Scurry
Sherman
Swisher

13

Bell
Childress
Coryell
Eastland
Ellis
Haskell
Hill
Hood
Milam
Navarro
Wichita
Williamson

EAST

Cooke
Denton
Fannin
Grayson
Rockwall
Rusk
San Augustine
Smith
Upshur
Wood

24

14

12

WEST

Burnet
Crockett
McCulloch
Runnels
Tom Green

SOUTH

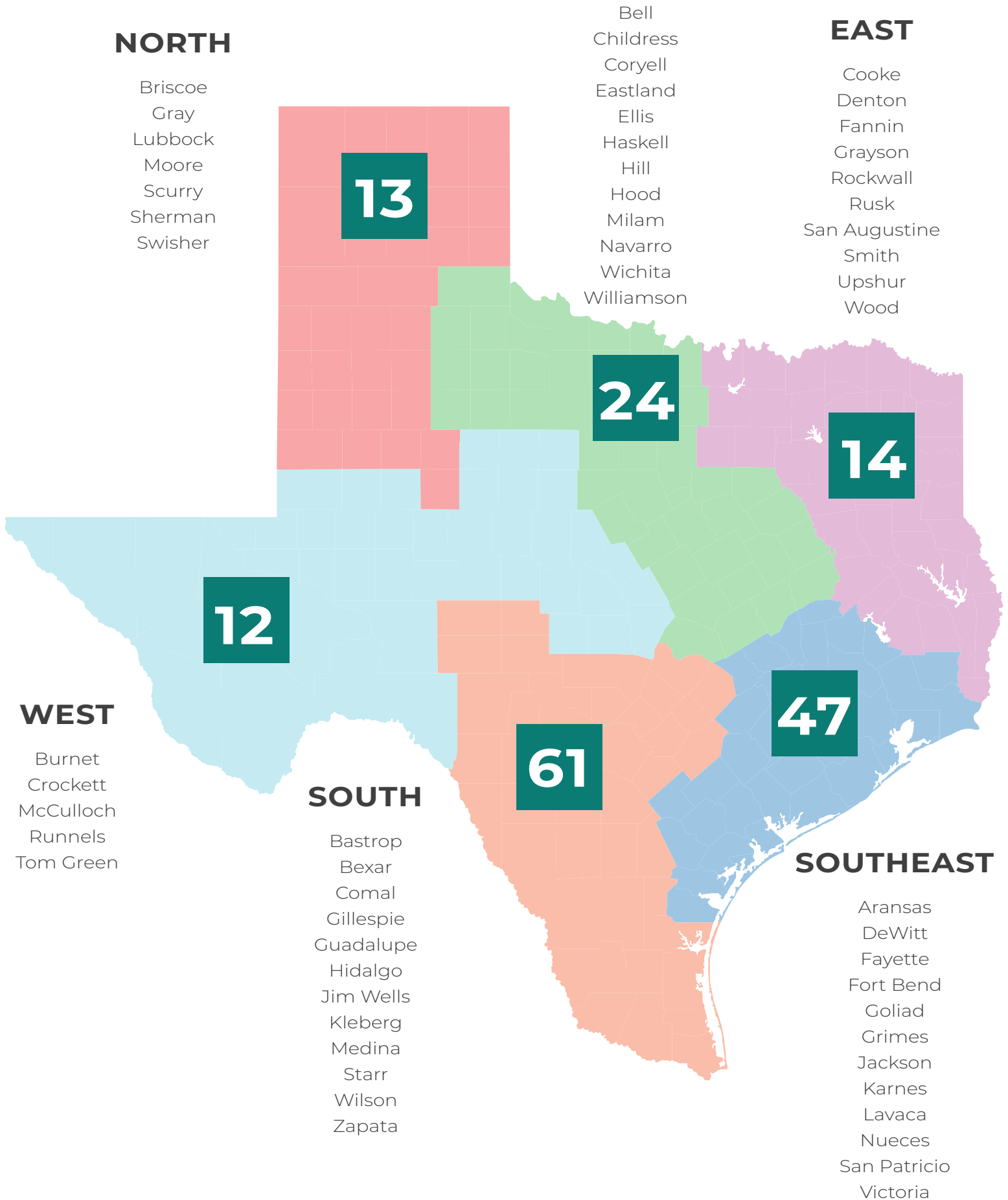
Bastrop
Bexar
Comal
Gillespie
Guadalupe
Hidalgo
Jim Wells
Kleberg
Medina
Starr
Wilson
Zapata

61

47

SOUTHEAST

Aransas
DeWitt
Fayette
Fort Bend
Goliad
Grimes
Jackson
Karnes
Lavaca
Nueces
San Patricio
Victoria





REGIONAL PROGRAM LEADERS

Regional Program Leaders provide support to county educators in that they guide and direct programming efforts that impact the health of our state. In addition, the Regional Program Leaders provide a regional connection between county and state coordination of the Healthy Texas Youth Ambassador program; a connection which inspires the youth to go above and beyond serving others!



■ MANDI SEATON

North Region | Districts 1 & 2

13 Ambassadors

7 Counties

146 Programs

468 Hours Served



■ DANA TARTER

Central Region | Districts 3 & 8

24 Ambassadors

12 Counties

291 Programs

851 Hours Served



■ PAULA BUTLER

East Region | Districts 4 & 5

14 Ambassadors
10 Counties
170 Programs
707 Hours Served



■ STACY DRURY

West Region | Districts 6 & 7

12 Ambassadors
5 Counties
161 Programs
429 Hours Served



■ JANA OSBOURN

South Region | Districts 10 & 12

61 Ambassadors
12 Counties
825 Programs
2,249 Hours Served



■ ERIKA BOCHAT

Southeast Region | Districts 9 & 11

47 Ambassadors
12 Counties
638 Programs
1,807 Hours Served



AMBASSADORS IN ACTION

■ PEER EDUCATION

County Extension Agents like Holly Black extend the knowledge of Healthy Texas Youth Ambassadors through local training related to topics like Connecting Agriculture to Health. Localized training allows ambassadors to deliver community specific learning experiences to address health issues closest to them.

■ COMMUNITY EDUCATION

Partnerships with HEB and other like-minded businesses have provided unique opportunities for Ambassadors to go into the community and meet the people where they are. These community education endeavors have allowed ambassadors to educate the general population on healthy eating and about where food comes from. Consumers learn how agriculture production results in

■ VIRTUAL EDUCATION

The focus of the Comal County HTYA team this year was to provide education on healthy snacks. They led Healthy Snack videos and published them on YouTube along with educational videos on how to properly use different small kitchen appliances. Throughout the year they participated in a variety of other activities and events provided by Texas A&M AgriLife Extension.



TEACH • EDUCATE • LEAD

John Maxwell is credited as saying, “The single biggest way to impact an organization is to focus on leadership development. There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders and continually develops them.” This is what the Healthy Texas Youth Ambassador Program strives to do. Our ambassadors are constantly seeking opportunities to both educate themselves and share that knowledge with others in their communities.

01**Jayden Taylor | Upshur County** [217.25 hours served]**02****Bryan Perez | Starr County** [143.5 hours served]**03****Steven Perez | Starr County** [120 hours served]

FUTURE GOALS

The Healthy Texas Youth Ambassador program will continue to serve the people of Texas. Specifically, program goals include:



IMPROVE

the health of others through peer and community education delivered at the local level.



DISCOVER

local health issues and methods to address these issues through partnership with Texas A&M AgriLife Extension.



EMPOWER

youth to become leaders in health at the local, state, and national level.

Thank You

Youth are our future. This statement is common, but what is not common is the approach that youth are our future health educators. They are the one's who will impact chronic disease and illness in the future; providing preventative education to decrease the risk of disease. The Healthy Texas Youth Ambassador program not only makes an impact on the health of their local communities and schools, but has the potential to impact the health of Texas. The youth are improving their knowledge and sharing that knowledge with others in an effort to decrease the burden of disease for future generations.